

MOVE FOR CHANGE: INTEGRATIVE MULTICULTURAL TRAUMA TREATMENT BASICS

DAY 1: MASTERING THE FUNDAMENTALS

MORNING

I. Introduction

1. Welcome and trainer information
2. Meditation and movement demonstration/exercise
3. Group activity to introduce participants to include how they got interested, prior experience, what they are looking to receive and what they would like to be able to do in the future
4. Overview of entire training and Day 1—goals, format, and agenda for day

II. Understanding Culture

1. Definition of trauma, definition of culture, and connection to trauma and trafficking
2. Fundamental aspects of culture
3. Dimensions of cultural comparison
4. Link Between Values and Behavior
5. Communication
6. Additional aspects of culture
7. Group exercise involving cultural dynamics between client and therapist

BREAK

III. Levels of Listening

1. Definition and characteristics of levels
2. What is and is not being listened for
3. Listening exercise and discussion

Lunch

AFTERNOON

IV. Trauma Sensitive Core Counseling Skills

1. Attending and exploring
2. Understanding
3. Counselor Role and Action Skills

BREAK

V. Overview of Trauma

1. Definition and range
2. Signs and symptoms of individual impact
3. Mind/Body Adaptations to trauma
4. Developmental impact of trauma and modules of treatment over time
5. Potential inherent in working through trauma'
6. Trauma and the triune brain
7. Polyvagal theory
8. Psychospiritual impact of trauma
9. Questions and discussion

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DAY 2: TREATMENT FOR SURVIVORS AND PREVENTION OF SECONDARY TRAUMA MORNING

I. Overview of Day and Review

1. Welcome
2. Brief Summary of previous day
3. Meditation/movement demonstration and exercise
4. Lingering questions and reactions
5. Outline of Day 2 agenda

II. Overview of Trauma Treatment

1. Goals
 - Strengths based
 - Living in present
 - Re-establishing ownership of self (mind, body, spirit)
 - Minimizing feelings and behaviors based on brain/body demands of past
2. Objectives
 - Establishment of safety
 - Re-integration
 - Restoring connection to life
3. Connection to trafficking
4. Assessment and trauma/trafficking
5. Questions and discussion

BREAK

III. Introduction to Energy and Movement

1. Components of energy theory
2. Trauma sensitive yoga
3. Synergy dance
4. Demonstration or video
5. Reactions, questions, discussion

LUNCH

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DAY 2: TREATMENT FOR SURVIVORS AND PREVENTION OF SECONDARY TRAUMA MORNING

AFTERNOON

IV. Approaches to Treatment

1. Emphasis on strengths based, multi-pronged as could be seen from morning session and what we will go into more aspects of this afternoon.
2. Dealing with hyperarousal---mindfulness and breath work
3. Integrating traumatic memories
 - Gradual reconstruction of trauma narrative while remaining in the present
 - EMDR
 - Internal family systems as guide for parts work
 - Dialectical Behavioral Therapy as framework for building coping skills
 - Writing and artwork
 - Medication
4. Inclusion of family, anchoring relationships, creation of “new” family
5. Questions and discussion

BREAK

V. Practitioner Self Care and Prevention of Secondary Trauma

1. Practitioner responses to client trauma
2. Sources of stress
3. Signals of need for stress reduction
4. Stress reduction techniques
5. Vicarious trauma reduction techniques
6. Self care planning and exercise
7. Questions, reactions, discussion

VI. Wrap-Up, Ending Meditation, and Evaluations